



## **ABTRACT OF THE DISCLOSURE**

The concept of body resistance verses total resistance captures the market from the physical fitness conscience to the disabled with our unique design of a portable folding chair with resistance bands on the back for shoulder and chest exercises and resistance bands on the seat for arm exercises. This portable exerciser was designed to give a comfortable cardiovascular workout that can be used in constricted areas, which will be user friendly to the disabled, also totally mobile, which can be used anywhere, and anytime.